



Homicide Support Group Newsletter ***June 2018***

**Charlotte
Mecklenburg
Police
Department**

Group Meetings

Meets the first
Tuesday of each
month at CMPD
Headquarters:
601 E. Trade St.
Charlotte, NC at
6:30 pm.

- ♦ **No July Meeting**
- ♦ August 7
- ♦ September 4

Contact:

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Upcoming Events:

Happy 4th of July!!!

June – One Year Anniversaries

Lucas Baldwin 6/4/17	Jared Chatman 6/20/17
William Weddington 6/5/17	Sanchez McClure 6/20/17
A'dan Blackmon 6/7/17	Nelson Sosa 6/24/17
Cornell Bridges 6/12/17	
Zachary Fitch 6/18/17	
David Lindsay 6/20/17	

What happens at Group Meetings?

- ♦ Make Connections with one another
- ♦ A safe place to share part of your grief journey and coping strategies: Acceptance and Understanding
- General Questions answered by Detectives and the District Attorney's office

Positive Ways to Support a Grieving Man

1. Encourage them to talk about what they are feeling and thinking (even the really dark stuff).
2. Remind them that they are not alone.
3. Let them speak openly about their pain.
4. Do not try to solve their problems and be a good listener.
5. Encourage them to join a support group.
6. Do not push them through their grief and allow them to tell their stories when they are ready.
7. Allow them the time to process what has happen to them.
8. Allow them to turn to or away from their faith as needed.
9. If they start to cry, let them, it helps cleanse the soul.
10. Let them know you are there for them at anytime of the day, and mean it.